

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

A Publication from the Howard County Office on Aging and Independence

Volume 9, No. 7 • July 2019

It's Game On in Howard County for Pickleball!

By Regina Jenkins, Director, Glenwood 50+ Center

GAME ON! is the theme of National Recreation and Parks Month in July, which makes it the perfect time to try the fastest growing sport in the country — **PICKLEBALL!** What makes this game with the funny name so popular? For the answer, I turned to local instructor, USA Pickleball Association (USAPA) ambassador, avid player and author of *Pickleball with Pop*, (and my son), Josh Jenkins.

According to Jenkins, recent studies detail the fitness benefits of pickleball for the sport's most popular demographic: players over 55. The ease on the joints and opportunities for social interaction are just two of many reasons why doctors and physical therapists recommend the game and why retirement communities and municipalities are building courts at a rapid pace. "The social nature, the relatively low cost to get started, and the small learning curve are what makes this such a fun and unique sport," he explains.

**Want a little history and rules on pickleball?
USAPA — the sport's governing body — provides
everything you need to know at www.usapa.org.**

Pickleball is a paddle sport that combines elements of badminton, tennis and ping-pong (table tennis). Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball. Pickleball can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. It can be played by singles or doubles, but its most popular format is doubles. A game can be played in as little as five to 15 minutes, with time between games to reflect on shots, catch up on life and forge new friendships. Played on a smaller court than tennis, it utilizes an underhand serve that is easier on the arms, at a slower pace that still provides a good cardiovascular workout. Equipment costs are reasonable, as well. Paddles run \$20-\$50 retail; however, if you don't want to buy one, paddles can be borrowed free of charge when playing at Glenwood.

Despite the slower pace, the game itself can be as competitive as the players like. Beginners appreciate the fact that they can learn the basics of serving and volleying within a relatively short time span. "Pickleball players are very welcoming," says Jenkins. "You can rely on your partners to help you learn." And there are plenty of partners to choose from — in 2017, over 1,400 people checked in to play at the Glenwood 50+ Center; the number jumped to over 3,600 players in 2018.



Pickleball is fast growing in popularity in Howard County, especially at the Glenwood 50+ Center. Pictured, from left, pickleball enthusiasts Jelinda Blum, Linda Seewagen and Mary Hughes.

Howard County's Office on Aging and Independence, Recreation and Parks, Columbia Association, Howard Community College and private communities all offer opportunities to learn and play pickleball. USAPA lists places to play throughout the country, rules, a blog and equipment information on its website, www.usapa.org. Locally, the Howard County Pickleball Association is helping to grow the sport through advocacy on a grass roots level.

Are you ready to try pickleball? Stop by the Glenwood 50+ Center on Fridays between noon and 2:00 p.m. and let a volunteer show you the ropes. More experienced players can drop in Tuesdays and Thursdays between 11:00 a.m. and 2:00 p.m. to get in on the action. For more information, call 410-313-5440 (voice/relay).



Howard County
RECREATION & PARKS

Meadowbrook Athletic Complex
5001 Meadowbrook Lane
Ellicott City, MD 21043

www.howardcountymd.gov/pickleball

REGISTRATION

410-313-7275 (voice/relay)

www.howardcountymd.gov/rap

SATURDAY, AUGUST 3

• Women's Doubles • Men's Doubles

SUNDAY, AUGUST 4

• Mixed Doubles

Registration deadline: Friday, July 19

SENIOR DAY AT THE FAIR

Howard County Fair 2019

FREE ADMISSION for **ADULTS 62+**

Visit the 4-H Activities Building
for FUN things to do, including:

- Healthy Aging Program Information
- Fun Exercise Demonstrations
- All Day Entertainment and more!

Tuesday, August 6
10 am to 3 pm

RAIN OR SHINE!



Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/aging

50+ Centers Kudos!

By Jenna Crawley, Administrator

Howard County Office on Aging and Independence

It is with great pride and pleasure that I share the fantastic news that several of our 50+ Centers were awarded **PROGRAM EXCELLENCE AWARDS** by the **Maryland Association of Senior Centers (MASC)** at its annual ceremonies held Tuesday, June 11, at Quiet Waters Park in Annapolis.

The **EAST COLUMBIA 50+ CENTER** was recognized for programs in two different categories, receiving the Education Program Award for ***Making of a Monarch*** and a Community Partnership Program Award for ***Repair Café***.

The **ELLCOTT CITY 50+ CENTER** won an honorable mention in the Fitness category for its ***Try-Athlon Program***.

The **GLENWOOD 50+ CENTER** also received an honorable mention Program of Excellence Award in the Education category for its ***Discovering our National Park Series***.

This is terrific recognition of the innovation and creativity that makes the Howard County 50+ Centers a welcoming and enriching environment for the whole community.
Kudos to our 50+ Center teams!

Master Aging

Engage ♦ Educate ♦ Inspire

Howard Community College, 10901 Little Patuxent Parkway, Columbia, MD 21044
Presented by the Howard County Office on Aging and Independence

EVENT HIGHLIGHTS INCLUDE

- 62 vendor and sponsor booths
- 10 informational and educational seminars
- two performances and keynote speaker in the Smith Theatre
- one panel discussion/demonstration in a 140-person capacity lecture hall
- snack and lunch sales from a variety of vendors, including coffee carts

GENERAL EVENT INFORMATION

www.howardcountymd.gov/masteraging
[www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

VENDOR/EXHIBITOR INFORMATION

Lisa Brusio Coster, EVENT COORDINATOR
410-442-3734 (voice/relay) or
email lcoster@howardcountymd.gov

SATURDAY
OCTOBER 19
10 AM TO 3 PM

SAVE THE DATE FOR THE
ALL-NEW, REINVENTED
50+ EXPO!

Howard County Office on
Aging and Independence
Department of Community Resources and Services
www.howardcountymd.gov/aging

PHONE 410-313-6410 (voice/relay)
FAX 410-313-6540
EMAIL aging@howardcountymd.gov

HIGHLIGHTS Howard County 50+ Center JULY EVENTS

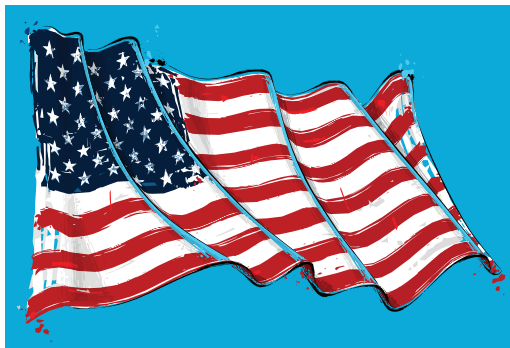
Happy 4th of July — Celebrating America's 243rd Birthday!

Blue Plate Special and All-American Trivia Contest

Wednesday, July 3 • Noon

Ellicott City 50+ Center

Pay tribute to the good ole' USA and enjoy a lunch of cheeseburgers, baked beans, watermelon, pie and more. After lunch, test your brain skills in an All American Trivia contest, with prizes for top finishers. Lunch by donation for those age 60+ (those under 60 are asked to pay the full cost of the meal). Register at 410-313-1400.



Red, White and Blue Fun

Wednesday, July 3 • 11:00 a.m. to 1:00 p.m.

Elkridge 50+ Center

Join us to celebrate Independence Day and wear your red, white and blue with pride! Games start at 11, including cornhole, Toss-Across and croquet, with a hamburger lunch at noon. Registration required. Lunch by donation. RSVP to 410-313-5192.

4th of July Carnival Party

Wednesday, July 24 • 11:00 a.m. to 1:00 p.m.

North Laurel 50+ Center

Remember 4th of July fun from your childhood? Reminisce and relive your favorite childhood games while enjoying food & drink, music and prizes. Cost: \$2 admission plus lunch donation for those over 60 years old. Register: 410-313-0380.

FITNESS: THERE'S AN APP FOR THAT

Tuesday, August 27
11:00 a.m. to noon

Ellicott City 50+ Center

Tuesday, September 10
6:00 to 7:00 p.m.

Elkridge 50+ Center

Exercise Specialist Malarie Burgess will highlight health, fitness and wellness apps you can download on your smartphone. Get comfortable using technology to help you achieve your physical fitness goals! FREE.

For more information or to sign up, call

Ellicott City 50+ at 410-313-1400

Elkridge 50+ at 410-313-5192



July is National Recreation and Parks Month: Game On!

Check out all the fun, games and events at Howard County's parks, recreation and 50+ centers this month. From special events to sports leagues (like pickleball) and everything in between, these programs are not only fun, they also help bring our community together. Plenty of options can be found at <https://apm.activecommunities.com/howardcounty>.



Rack Em' Up Pool Party

Thursday, July 11 • 12:30 pm.

North Laurel 50+ Center

Enjoy a friendly game of pool over light refreshments. From seasoned pool sharks to casual enthusiasts, all are welcome. Drop-in, or for more information, call 410-313-0380.

Kangaroo Kids Perform Live

Monday, July 22 • 12:30 p.m.

Ellicott City 50+ Center

Kangaroo Kids is a precision jump rope team from Howard County, whose program is choreographed to contemporary and traditional music. Every foot jumps in unison and every rope hits the floor simultaneously. This unique combination of exercise and dance is fun and exciting to watch.

Carroll County Cloggers

Thursday, July 25 • 12:30 p.m.

Ellicott City 50+ Center

Enjoy a performance by the Carroll County Cloggers, the longest running clogging group in Maryland. This non-competitive contemporary group perform line dancing routines influenced by tap dance, Canadian step dancing, Irish hard shoe, street and hip-hop. FREE.



Howard County Office on
Aging and Independence

Department of Community Resources and Services

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This publication is available in alternate formats upon request.
To join our subscriber list, email kahenry@howardcountymd.gov

9830 Patuxent Woods Drive, Columbia, MD 21046

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on www.facebook.com/HoCoCommunity

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Fountain Mosaic Revealed at North Laurel 50+



Above, vertical inset showing "AGELESS"

THE MOSAIC PROJECT

MOSAIC #4 — **FOUNTAIN** — is complete! North Laurel 50+ Center members, staff and artists gathered at the center on June 6 to celebrate the installation of the latest mosaic panel. **Look closely and you will see the word "AGELESS" running up the middle.** Each of the four completed mosaic panels includes colorful, individual elements created by each artist, which are then integrated into a full scale installation. Come see these beautiful works of art for yourself! The Office on Aging and Independence is grateful to its Mosaic Project partners — American Visionary Art Museum, Howard County Arts Council and Howard County Department of Recreation and Parks — for their guidance and support.



P4C Pet Evaluations

JULY 11 AND AUGUST 1 • 7 TO 9 PM

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen, PROGRAM COORDINATOR

igleysteen@howardcountymd.gov

410-313-7461 (voice/relay)



Bain 50+ Center

5470 Ruth Keeton Way
Columbia 21044



MEDICARE EDUCATION

PRE-REGISTRATION IS REQUIRED

410-313-7389

Medicare 101 and 102

A two-part introduction for those new to Medicare. Learn about original Medicare (Parts A and B), Prescription Drug Coverage (Part D), Medicare Health Plans (Part C), and Medicare Supplemental Policies

Wednesday, July 17 and 24
10:00 to 11:30 AM

Ellicott City 50+ Center
9401 Frederick Road
Ellicott City 21043

FREE information presented by SHIP

For additional assistance with Medicare questions and concerns, call SHIP at 410-313-7392 (voice/relay).

FOR OTHER UPCOMING PRESENTATIONS, VISIT
www.howardcountymd.gov/SHIP

The State Health Insurance Program (SHIP) is part of the Howard County Office on Aging and Independence